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HOUSEKEEPERS' CHAT

MONDAY, NOV 5 - 1933
October 30, 1933
U. S. Department of Agriculture

(FOR BROADCAST USE ONLY)

3Hh
meals
SUBJECT: "COLD-WEATHER ~~MEALS~~ FOR THE FAMILY." Information from the Bureau of Home Economics, U.S.D.A.

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Let's see. According to the schedule announced on Friday you and I were to talk today about foods and supply iron. But for very special reasons, plans changed over the week-end. My iron remarks I've had to put off for another week. But if you join us next Monday, I promise to give you all the information I've collected from the specialists on getting your iron quota.

Today I have another subject on my mind. I'm thinking of that old saying about an ounce of prevention versus a pound of cure. And that applies very well to what goes on the family dinner table. I know all this talk about food and health may be an old story to you. But just the same the right food is such a saving in health that it pays to spend a good deal of thought on it. And the right food has a lot to do with family happiness and comfort especially in cold weather. Show me the mother who isn't interested in knowing how to plan a low-cost winter diet that insures good health for her family!

Of course, you know that nutrition studies, especially among children show that many winter ills are the result of poorly planned diets. The children's meals may be hearty, may fill them up, yet not nourish them because they lack certain necessary substances like vitamins or minerals or protein. Susie's snuffles may bother her all winter because her meals don't give her the proper resistance to fight them. Uncle George may eat great big hearty meals and yet have a chronic bad temper during the cold weather from the wrong kind of food. And that tired feeling that always besets poor Aunt Abigail in the spring may again reflect a poor winter diet. Nothing like starting out in the fall with meals that contain all the necessary foodstuffs. A friend of mine who is a physician often declares that a wide variety of food is the heavy artillery in the warfare against winter colds. Yes he'll tell you that the right food, the right clothing and the right habits of living are better prescriptions for health than salves and plasters, sirups or pills.

If you plan wisely, meals for the family may be low in cost yet well-balanced, containing all the different kinds of food that you need for good health. The right variety is the big point to think about when you plan menus and go marketing. Fruits, and yellow or green leafy vegetables, with their vitamins, their calcium, iron and other minerals belong in the class that we call the protective foods. You need fruits and vegetables just as much in winter as in summer. But when they are out of season, they cost more. And many a housewife then cuts them off her market list for economy's sake. That's poor economy. If you'll keep your eyes open, you'll see that the winter market has many of these protective foods on sale at low cost. Take cabbage, for example. There's a green leafy vegetable, very rich in vitamins and in minerals and also very inexpensive. You can store cabbage for your winter use and you can

serve it raw or cooked in many ways. Teach all the family to enjoy cabbage, especially raw cabbage.

Then, in milk climates you can count on turnips or collards most of the year. Yes, and spinach is cheap in some localities and so is kale. Yellow vegetables are important protective foods because of the vitamin A they contain. So sweetpotatoes go on the menu and supply two vitamins--A and C. Carrots and yellow turnips also supply vitamin A. Dried beans and peas supply minerals, vitamins in small amounts, protein and fuel food as well.

Let's see. That makes ten inexpensive winter vegetables to help out on the vitamin problem. But look here. I came near forgetting the vegetable that stands at the head of the list. Three guesses for the best food bargain among the winter vegetables. You're right, the first time. The answer is canned tomatoes. Tomatoes--raw, cooked or canned--rank with cabbage and other green vegetables as protective foods. Their vitamin value is about the same as that of oranges and grapefruit. When fruit is scarce, you can rely partly on tomatoes canned and tomato juice as a substitute.

Now a word about winter fruits. Just now apples are cheap and plentiful. Later the citrus fruits need special mention. Oranges, tangerines, grapefruit and lemons are rich sources of vitamins. Then the dried fruits--raisins, prunes and apricots --- are important for their iron. Among the cheaper canned fruit, peaches and pineapple retain much of the food value of the fresh fruit.

Other foods that belong on the list of protective goods for winter are milk, eggs and whole grain cereals and cod liver oil for the children. Yes, you need these foods even in a very low-cost diet. In fact, the more limited your budget, the more uneconomical it is to spend food money for a one-sided diet, especially for a diet too heavy with breads, cereals, fats and sweets, lacking in the protective foods.

Of course, you need more calories or fuel food in cold weather than in summer. So you're quite right in serving more breads, more fried food, more pie, cake or hot puddings in winter than in warm weather. But don't overdo these foods. Fruit desserts are still one of the best kinds for the whole family. Whole wheat bread or toast is still better as a regular breakfast dish than hot breads or griddle cakes day in and day out.

But there. Time we planned our Monday economy menu. Here's a simple dinner for a cold day that will be very easy on your pocketbook. Ham and sweet potatoes--that's what we have to start with. You can bake a slice of ham in milk and bake whole sweet potatoes in the oven at the same time. Or you can scallop chopped ham with sweet potatoes. With your ham and sweetpotatoes, serve some canned green beans, buttered. Then serve a big bowl of raw cabbage and raisin salad, hot tea and lemon cookies.

There's one economy menu for cold weather. Now here's another. Hot vegetable soup to start with. That contains lots of vitamins and minerals. Then meat loaf and scalloped potatoes--right from the oven. Next, a plate of raw vegetable relishes--carrot sticks, turnip sticks and celery. For dessert, baked apples.

Tomorrow: "Questions and answers."

